

Carer Voice Champion



The role at a glance...

Q What is a Carer Voice Champion?

At Carers Wales, we're constantly working on shaping services, policy and practices to support the huge number of carers across Wales and the loved ones they look after. As a Carer Voice Champion you'll share your caring experiences and provide insights to help evaluate key services and help shape our campaign asks.

Q What will you get out of it?

Information is important, but experience is crucial. Your input will be vital in developing our services, policy and research. We will also highlight where you can contribute to influencing local and national services, be involved in strategic engagement and speak about caring at events and in the media. You'll be joining our flagship volunteering programme and we'll be supporting you all the way.

Q What's involved?

- You'll offer the benefit of your experience as a carer to be a 'critical friend' to Carers Wales.
- You'll look at documents, resources and new ideas about developing support.
- You'll be helped to engage with local decision makers and improve the services which matter to you as a carer.
- You'll be offered opportunities to appear in the media, telling your story so the carer voice is heard by the public
- You'll help us to influence the services and practice of important organisations in health and social care in Wales
- You'll provide your responses within a set time frame and stay in touch via email or telephone.
- You'll be involved with our high profile national awareness campaigns such as Carers Week and Carers Rights Day.

The skills you'll bring...



- experience of caring
- the confidence to express your opinions
- an interest in helping us develop our campaigns
- a passion for improving support for carers
- access to a telephone and a computer.

Interested? Find out how we will support you and how to apply...

Q How will we support you?

As well as your volunteer handbook, you'll be supported by the Carers Wales team. We'll keep in touch with you to make sure you have up-to-date news and information.

Q How do you apply?

- You can sign up for this role at carerswales.org/volunteer
- We will be in touch within seven working days to discuss your application.
- All volunteers must be over 18 years old.
- Carers Wales offers equal opportunities to everyone who wants to volunteer.

If you have any further questions, please email us at volunteer@carerswales.org or call 029 2081 1370

“ *I chose to volunteer so my experience and knowledge could influence how people think about caring.* **”**

Rhodri, Carers Wales volunteer

Your time...



This is a flexible role. You choose what you'd like to get involved with. It may take a matter of minutes, sometimes it may require a longer commitment.

Where you'll be volunteering...



Online, on the phone or in person.

Our Facebook group

When you volunteer with us you can become a member of our Facebook Volunteer Group, where you can share your tips and experiences with your fellow volunteers and get the latest volunteer updates from us.

Follow us on social media

 @carerswales

 /carerswales  Carers Wales

About Carers Wales (part of Carers UK)

Our mission is to make life better for carers.

- We give expert advice, information and support.
- We connect carers so no one has to care alone.
- We campaign together for lasting change.
- We innovate to find new ways to reach and support carers.